

**Motivational Interviewing**  
**Debriefs: Tammy's Clip 1**

Narrator: What was it like to talk with Sarah about the idea of depression?

Tammy: Well, it wasn't easy but I know Sarah isn't blaming or judging me. She understands where I'm coming from. She knows I want what is best for my children. I trust her. I know she is not going to try to pressure me to do something I don't want to do.

[End video]